

Cookbook for Harpeth Middle School

Created by HPS Menu Planner

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Cereal

Servings:	9.00	Category:	Grain
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CHEERIOS HNYNUT BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	509396
CEREAL COCOA PUFFS WGRAIN R/S 96CT	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	270401
CEREAL REESEES PUFFS WGRAIN 96CT GENM	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	264761
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CEREAL FROOT LOOPS R/S BWL 96-1Z KELL	1 Each		283620
CEREAL FRSTD FLKS R/S BWL 96CT KELL	1 Each		388190

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 9.00

Serving Size: 1.00

Amount Per Serving

Calories	108.89		
Fat	1.39g		
SaturatedFat	0.17g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	137.78mg		
Carbohydrates	23.22g		
Fiber	2.11g		
Sugar	7.78g		
Protein	1.89g		
Vitamin A	422.22IU	Vitamin C	7.07mg
Calcium	75.56mg	Iron	4.80mg

Donuts

Servings:	2.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT PWDRD MINI IW 72-3Z GOODYMN	1 Package		738201
DONUT CHOC MINI IW 72-3.3Z GOODYMN	1 Package		738181

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00

Amount Per Serving			
Calories		295.00	
Fat		13.00g	
SaturatedFat		5.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		250.00mg	
Carbohydrates		41.00g	
Fiber		2.00g	
Sugar		20.00g	
Protein		4.50g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	50.00mg	Iron	1.26mg

Yogurt

Servings:	3.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT CHERRY TRPL L/F 48-4Z TRIX	1 Each	READY_TO_EAT Ready to eat single serving	186911
YOGURT RASPB RNBW L/F 48-4Z TRIX	1 Each	READY_TO_EAT Ready to eat single serving	551770
YOGURT STRAWB BAN BASH L/F 48-4Z TRIX	1 Each	READY_TO_EAT Ready to eat single serving	551760

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00

Amount Per Serving

Calories	80.00		
Fat	0.50g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	5.00mg		
Sodium	60.00mg		
Carbohydrates	15.00g		
Fiber	0.00g		
Sugar	9.00g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	100.00mg	Iron	0.00mg

Ketchup

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
KETCHUP PKT LO SOD 1000-9GM HNZ	1 Tablespoon		603842

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	10.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	25.00mg		
Carbohydrates	3.00g		
Fiber	0.00g		
Sugar	2.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Mustard

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUSTARD PKT 1000-1/5Z HNZ	1 Teaspoon		302112

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	0.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	70.00mg		
Carbohydrates	1.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

1-Side Salad

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Romaine, Chopped	1 Cup	BAKE	15D44
Shredded Cheddar	1 Tablespoon		
TOMATO CHERRY 11 MRKN	3 Each		569551

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories 108.10

Fat 6.10g

SaturatedFat 3.52g

Trans Fat 0.00g

Cholesterol 20.00mg

Sodium 206.25mg

Carbohydrates 4.25g

Fiber 0.55g

Sugar 1.25g

Protein 8.40g

Vitamin A 374.70IU **Vitamin C** 5.71mg

Calcium 19.50mg **Iron** 0.12mg

3-Corn, Commodity

Servings:	165.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Corn fzn	30 Pound		100348
BUTTER SUB 24-4Z BTRBUDS	1/2 Package		209810

Preparation Instructions

Spray pan with food release spray.

Mix butter buds according to package.

Pour butter buds over the pans of corn.

Cook until corn reaches a temperature of 140 or higher. (It shouldn't take more than 8-10 minutes).

Place one pan on the serving line. Cover any additional pans and place in the warmer.

CCP: Hold at 140 degrees or higher.

Nutrition Facts

Servings Per Recipe: 165.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories 69.04

Fat 1.00g

SaturatedFat 0.00g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 18.45mg

Carbohydrates 16.58g

Fiber 2.00g

Sugar 3.00g

Protein 2.00g

Vitamin A 0.00IU **Vitamin C** 0.00mg

Calcium 0.00mg **Iron** 0.00mg

Jamwich Box

Servings:	1.00	Category:	Entree
Serving Size:	1.00 BOX	HACCP Process:	No Cook
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Peanut Butter and Grape Jelly Sandwich	1 Sandwich	THAW Best if thawed in refrigerator overnight.	
Mozzarella String Cheese	1 stick		
CHIP COOL RNCH REDC FAT 72-1Z DORIT	1 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	541502

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 BOX

Amount Per Serving

Calories	510.00		
Fat	27.00g		
SaturatedFat	6.50g		
Trans Fat	0.00g		
Cholesterol	15.00mg		
Sodium	650.00mg		
Carbohydrates	54.00g		
Fiber	6.00g		
Sugar	11.00g		
Protein	19.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	57.00mg	Iron	8.00mg

Chicken Smacker Wrap Box

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken Smackers	10 Piece	BAKE Conventional Oven for 10-12 minutes at 350degrees; Convection oven for 6-8 minutes at 350degrees. Appliances vary; adjust cook times accordingly.	
TORTILLA FLOUR 8 PRSD ULTRGR 12-12CT	1 Each	STEAM PREPARATIONAmbient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let stand in bag 4 - 6 hours at room temperature. HEATINGSTEAM CABINET: Place in steam cabinet. Stack no more than 3 dozen high. Heat to 160°F. Do not hold for more than 2 hours. GRILL: Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. MICROWAVE: Stack no more than 6 tortillas and heat 45 - 60 seconds on high(microwaves vary for power setting and time). STAGINGStore in steam cabinet or bun warmer until ready to use (maximum 1 hour to prevent drying).	690130
LETTUCE SHRD TACO 1/8CUT 4-5 RSS	1/4 Cup		242489
TOMATO 5X6 XL 25 MRKN	1/4 Cup	dice tomato and use 1/4 cup	206032
PICKLE SPEAR 160CT 2GAL BRICK	1 Ounce		522368
CARROTS BABY PLD 72-3Z P/L	3 Ounce		241541

Preparation Instructions

Prepare Chicken Smackers according to directions above. CCP: Heat to 165 degrees or higher.

Once cooked, place chicken into cooler and let cool to 40 degrees.

While chicken is cooking/cooling, label and date salad trays.

Place 10 smackers into tortilla shell with lettuce and tomato. Wrap shell around chicken. Place wrap into a sandwich bag.

Add 1 pack of carrots neatly to the tray.

Place into cooler for til serving time.

CCP: Hold for cold service at 40 degrees or lower.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 470.52

Fat 17.10g

SaturatedFat 4.03g

Trans Fat 0.00g

Cholesterol 60.00mg

Sodium 1123.42mg

Carbohydrates 55.50g

Fiber 8.47g

Sugar 7.75g

Protein 23.32g

Vitamin A 12209.52IU **Vitamin C** 76.72mg

Calcium 148.67mg **Iron** 4.30mg

Turkey and Cheese Sub Box

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Oven Roasted Sliced Turkey	3 Slice	Defrost product slowly and thoroughly in a refrigerator for 24 hours.	
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Ounce	READY_TO_EAT	100036
Wheat Deli Buns	1 bun		78700-80020
PICKLE SPEAR 160CT 2GAL BRICK	1 Ounce		522368
LETTUCE LEAF BTTR BRGR 2-5 RSS	1/2 Cup		416593
TOMATO 5X6 XL 25 MRKN	1/8 Cup		206032
CARROT SNACK CLEANED 200-1Z RSS	1 Package		613967
BROCCOLI FLORET REG CUT 4-3 RSS	1/4 Cup		732478
RANCH LT DIP CUP 100-1Z FLAVOR FRESH	1 Each		499521

Preparation Instructions

Cut Sliced Turkey and cheese in half

Put 3 slices of turkey and 2 slices of cheese on a deli bun.

Put sub in a sandwich bag.

Put 1 pickle pear, 1 (1/4" thick) slice of tomato cut in half and 4 oz of leaf lettuce in a small fry tray.

put 1 pack of baby carrots and 1/4 cup broccoli florets in a 4oz squat.

Put all of this neatly into a clear plastic salad tray.

CCP: Hold at 40 degrees or less for service.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	456.71		
Fat	15.40g		
SaturatedFat	4.26g		
Trans Fat	0.00g		
Cholesterol	42.50mg		
Sodium	982.05mg		
Carbohydrates	51.08g		
Fiber	8.50g		
Sugar	12.48g		
Protein	27.64g		
Vitamin A	340.12IU	Vitamin C	22.60mg
Calcium	60.01mg	Iron	11.92mg

Ham & Cheese Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sub	HACCP Process:	No Cook
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Ounce	1 oz = 2 slice	100036
Wheat Deli Buns	1 bun		78700-80020
HAM SLCD NAT CHC 6-2 HRML	4 Slice		645340

Preparation Instructions

Take all bottoms of buns and put on pan. Add 2 slices of cheese (cut in half) to all of the bottom buns.

When done with each pan, put in cooler. Only keep one pan out at a time.

Place 4 slices of ham on each sub and place the top bun on the sub.

Wrap with plastic wrap or put in appropriate container.

CCP: Hold for cold service at 40 degrees or lower.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sub

Amount Per Serving

Calories	360.00
Fat	8.50g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	45.00mg
Sodium	720.30mg
Carbohydrates	41.00g
Fiber	6.00g
Sugar	8.00g
Protein	28.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 30.00mg	Iron 10.36mg

Chef Salad Box - Ham

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE BLND ICEBERG/ROMN 4-5 RSS	16 Ounce		600504
TOMATO GRAPE SWT 10 MRKN	1/2 Cup		129631
CUCUMBER SELECT 4-6CT MRKN	1/4 Cup	Dice	361510
BROCCOLI FLORET REG CUT 4-3 RSS	1/4 Cup		732478
Shredded Cheddar	1 Ounce		
HAM DCD W/A 1/4 3-4 GFS	1 1/2 Ounce		199834
CROUTON CHS GARL WGRAIN 250-.5Z	2 Package		661022

Preparation Instructions

Wash all produce.

Put lettuce in the clear plastic salad container.

Add tomatoes, broccoli, cucumber, and cheese (one in each corner). Put the diced ham on top in the center.

Serve with 2 packs of croutons.

****NOTE: HS need an additional grain, milk, or 1/2 cup fruit for a reimbursable meal.***

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 348.15

Fat 12.20g

SaturatedFat 4.30g

Trans Fat 0.00g

Cholesterol 42.50mg

Sodium 989.50mg

Carbohydrates 36.50g

Fiber 11.73g

Sugar	5.25g
Protein	21.73g
Vitamin A 908.55IU	Vitamin C 32.32mg
Calcium 196.42mg	Iron 4.31mg

Chef Salad Box - Turkey

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE BLND ICEBERG/ROMN 4-5 RSS	16 Ounce		600504
TOMATO GRAPE SWT 10 MRKN	1/2 Cup		129631
CUCUMBER SELECT 4-6CT MRKN	1/4 Cup	Dice	361510
BROCCOLI FLORET REG CUT 4-3 RSS	1/4 Cup		732478
Shredded Cheddar	1 Ounce		
CROUTON CHS GARL WGRAIN 250-.5Z	2 Package		661022
Oven Roasted Sliced Turkey	3 Slice	Defrost product slowly and thoroughly in a refrigerator for 24 hours.	

Preparation Instructions

Wash all produce.

Put lettuce in the clear plastic salad container.

Add tomatoes, broccoli, cucumber, and cheese (one in each corner).

Dice turkey. Put the diced turkey on top in the center.

Serve with 2 packs of croutons.

NOTE: HS need an additional grain, milk, or 1/2 cup fruit for a reimbursable meal.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 350.65

Fat 12.58g

SaturatedFat 4.30g

Trans Fat 0.00g

Cholesterol	42.50mg		
Sodium	672.00mg		
Carbohydrates	36.50g		
Fiber	11.73g		
Sugar	5.25g		
Protein	21.98g		
Vitamin A	908.55IU	Vitamin C	31.42mg
Calcium	196.42mg	Iron	5.04mg

Chef Salad Box - Ceasar

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE BLND ICEBERG/ROMN 4-5 RSS	16 Ounce		600504
CROUTON CHS GARL WGRAIN 250-.5Z	2 Package		661022
Chicken, diced, cooked, frozen	2 Ounce		100101
CHEESE PARM PKT 200-3.5GM GFS	1 Each		254959
SPICE BLND ORIG 3-21Z MDASH	1/2 Teaspoon		265103

Preparation Instructions

Wash all produce.

Put lettuce in the clear plastic salad container.

Thaw diced chicken and toss 1 oz. diced chicken with 0.5 tsp. Mrs. Dash to coat.

Add seasoned chicken to the top of the lettuce.

Serve with 2 pkgs croutons and 1 pkg parm. cheese.

CCP: Hold for cold service at 40 degrees or lower.

****NOTE: HS this is not for a reimbursable meal.***

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	267.00
Fat	7.00g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	47.00mg
Sodium	421.00mg
Carbohydrates	30.00g
Fiber	10.00g
Sugar	2.00g

Protein		17.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	200.00mg	Iron	3.60mg

Chef Salad Box - Smackers

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE BLND ICEBERG/ROMN 4-5 RSS	16 Ounce		600504
TOMATO GRAPE SWT 10 MRKN	1/2 Cup		129631
CUCUMBER SELECT 4-6CT MRKN	1/4 Cup	Dice	361510
BROCCOLI FLORET REG CUT 4-3 RSS	1/4 Cup		732478
Shredded Cheddar	1 Ounce		
Chicken Smackers	10 Piece	BAKE Conventional Oven for 10-12 minutes at 350degrees; Convection oven for 6-8 minutes at 350degrees. Appliances vary; adjust cook times accordingly.	
CROUTON CHS GARL WGRAIN 250-.5Z	1 Package		661022

Preparation Instructions

Wash all produce.

Cook Chicken according to the directions above.

Put lettuce in the clear plastic salad container.

Add tomatoes, broccoli, cucumber, and cheese (one in each corner). Put the smackers on top in the center.

Serve with 2 packs of croutons.

CCP: Hold at 40 degrees or lower for service.

****NOTE: This is a reimbursable meal at all grade levels.***

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	514.65
Fat	21.33g
SaturatedFat	6.55g
Trans Fat	0.00g
Cholesterol	80.00mg
Sodium	957.00mg
Carbohydrates	49.50g
Fiber	13.73g
Sugar	4.25g
Protein	29.48g
Vitamin A 1076.55IU	Vitamin C 32.42mg
Calcium 213.42mg	Iron 5.68mg

Juice Variety

Servings:	2.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Breakfast		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
100% Apple Juice	4 Ounce		
100% Orange Juice	4 Ounce		

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories 55.00

Fat 0.00g

SaturatedFat 0.00g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 10.00mg

Carbohydrates 13.50g

Fiber 0.00g

Sugar 12.00g

Protein 0.50g

Vitamin A 0.00IU **Vitamin C** 30.00mg

Calcium 5.00mg **Iron** 1.00mg

2-Baked Beans

Servings:	56.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beans, Vegetarian, Low Sodium, Canned	1 #10 CAN		100364
BEAN KETTLE BRN SUGAR 6-10 HRTHSTN	1 #10 CAN		822477

Preparation Instructions

Do not drain the liquid off the beans! It is necessary for the crediting!

Pour 1 can of vegetarian bans and 1 can of baked beans into a 4 inch half size pan and stir.

Place a lid on the pan and steam for about 20 min.

Serve with sauce in a 1/2 c (#8) scoop.

CCP: Heat to 140 degrees or higher for at least 15 seconds.

CCP: HOId at 140 degrees or higher for service

Nutrition Facts

Servings Per Recipe: 56.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories 105.80

Fat 0.73g

SaturatedFat 0.00g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 227.04mg

Carbohydrates 20.16g

Fiber 5.27g

Sugar 5.73g

Protein 5.81g

Vitamin A 0.00IU **Vitamin C** 0.00mg

Calcium 18.48mg **Iron** 0.67mg

5-carrot stick cups

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT BABY WHL PETITE 4-5 RSS	4 Ounce		768146

Preparation Instructions

Portion out 1/2 cup of carrot sticks and place in a cup for service.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	46.22		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	78.22mg		
Carbohydrates	10.67g		
Fiber	3.56g		
Sugar	5.33g		
Protein	0.89g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	35.56mg	Iron	0.32mg

4-Celery Stick cups

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CELERY STIX 4-3 RSS	1/2 Cup		781592

Preparation Instructions

If sticks are too big, cut them in two.

Place 1/2 cup of celery sticks in cups for service (approximately 7 sticks)

CCP: Hold for cold service at 40 degrees or lower.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	8.70		
Fat	0.10g		
SaturatedFat	0.05g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	49.60mg		
Carbohydrates	2.00g		
Fiber	1.00g		
Sugar	1.00g		
Protein	0.45g		
Vitamin A	278.38IU	Vitamin C	1.92mg
Calcium	24.80mg	Iron	0.13mg

5-Sweet Potato Mash

Servings:	37.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO MASHED SWT 12-2 LAMB	5 Package		353870
SPICE CINNAMON GRND 15Z TRDE	1 Teaspoon	TO TASTE/FOR GARNISH	224723

Preparation Instructions

BOILING: PLACE FROZEN BAG IN POT OF BOILING WATER FOR APPROXIMATELY 20 MINUTES. HEAT CONTENTS TO 160 DEGREES F TO 170 DEGREES F

Prepare 5 bags and place in pans for service. Garnish with a sprinkle of cinnamon.

Serve with a #8 (1/2 cup) scoop.

CCP: Hold at 140 degrees or higher for service.

Note: Mashed sweet potatoes are lightly seasoned with brown sugar, molasses, and sweet butter creating a homestyle taste. May wish to add cinnamon to taste.

Nutrition Facts

Servings Per Recipe: 37.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	122.39		
Fat	1.02g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	45.89mg		
Carbohydrates	27.54g		
Fiber	3.06g		
Sugar	15.30g		
Protein	1.02g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	52.01mg	Iron	1.02mg

4-Mixed Vegetable

Servings:	50.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
VEG MIXED 30 KE	25 Cup		283771
SPICE BLND ORIG 3-21Z MDASH	1 Teaspoon		265103
SPICE GARLIC POWDER 21Z TRDE	1 Teaspoon		224839
Black Pepper	1 Teaspoon		24108

Preparation Instructions

PLACE IN MINIMUM AMOUNT OF BOILING WATER WHILE STILL FROZEN.

NOTE: THE LOW TEMPERATURE OF THE FROZEN VEGETABLE WILL COOL WATER AND STOP BOILING. BRING TO SECOND BOIL AND COOK UNTIL TENDER. AVOID OVERCOOKING FOR BEST FLAVOR AND COLOR.

SEASON TO TASTE WITH GARLIC POWDER, MRS. DASH, AND PEPPER.

CCP: Hold at 140 degrees or higher for service.

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories 52.24

Fat 0.00g

Saturated Fat 0.00g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 18.66mg

Carbohydrates 8.96g

Fiber 2.24g

Sugar 2.24g

Protein 1.49g

Vitamin A 559.70IU **Vitamin C** 4.48mg

Calcium 14.93mg **Iron** 0.54mg

4-Green Beans

Servings:	50.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN CUT MXD SV LO SOD 6-10	2 #10 CAN	HEAT_AND_SERVE EMPTY CONTENTS OF CAN INTO CONTAINER SUITABLE FOR HEATING AND HEAT TO 165 DEGREES	221990
BUTTER SUB 24-4Z BTRBUDS	1/4 Cup		209810
SPICE BLND ORIG 3-21Z MDASH	1/2 Tablespoon		265103
SPICE ONION POWDER 19Z TRDE	1 Tablespoon		126993
SPICE GARLIC POWDER 21Z TRDE	1 Teaspoon		224839

Preparation Instructions

Wash tops of cans before opening. Clean can opener when done.

Pour cans into 4 inch pan (2 cans per pan). Measure out 1/2 TBSP Mrs. Dash, 1/2 cup onions, and add 1/4 cup of butter buds per pan.

After all is added to beans, cover and place in oven on steam and cook for about 20 min or until temperature reaches 140 degrees.

Place pans into hot holding until service.

Serve with 1/2 cup ladle.

CCP: Hold at 140 degrees or higher.

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories 20.96

Fat 0.00g

SaturatedFat 0.00g

Trans Fat 0.00g

Cholesterol	0.00mg		
Sodium	147.60mg		
Carbohydrates	4.48g		
Fiber	2.04g		
Sugar	2.04g		
Protein	1.02g		
Vitamin A	4.08IU	Vitamin C	6.12mg
Calcium	2.04mg	Iron	4.08mg

3-Mashed Potatoes

Servings:	40.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS EXCEL 12-26.5Z SMART SERV	1 Package		146581
BUTTER SUB 24-4Z BTRBUDS	1/2 Cup		209810
Black Pepper	1/2 Teaspoon		24108

Preparation Instructions

Spray a 4' deep pan with food release spray.

RECONSTITUTE

1: Pour 4 Liters (1 gallon plus 1 cup) of hot water (170-190°F) into 4" deep pan. 2: Add all potatoes and seasonings, then stir for 15 seconds. 3: Let stand for 5 minutes, stir and serve.

CCP: Hold at 140 degrees or higher for service

Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories 71.66

Fat 0.50g

Saturated Fat 0.00g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 107.35mg

Carbohydrates 14.45g

Fiber 1.00g

Sugar 0.00g

Protein 2.01g

Vitamin A 1.91IU **Vitamin C** 10.08mg

Calcium 8.38mg **Iron** 0.26mg

Brown Gravy

Servings:	136.00	Category:	Condiments or Other
Serving Size:	1.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MIX GRAVY BRN LO SOD 8-16Z TRIO	1 Package		552050

Preparation Instructions

IN 6 INCH DEEP HALF SIZE SERVING PAN ADD 1 GALLON OF WATER (190-212 DEGREES F). REMOVE FROM HEAT.

GRADUALLY ADD FULL PACKAGE OF GRAVY MIX, STIRRING BRISKLY WITH WIRE WHISK.

RETURN TO MED-HIGH HEAT. STIR UNTIL GRAVY IS THICKENED AND SMOOTH. SERVE OR HOLD ON STEAM TABLE.

CCP: HOId at 140 degrees or higher for service

Nutrition Facts

Servings Per Recipe: 136.00

Serving Size: 1.00 Ounce

Amount Per Serving

Calories	47.01		
Fat	0.94g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	263.28mg		
Carbohydrates	9.40g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Mini Corn Dogs

Servings:	1.00	Category:	Entree
Serving Size:	6.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN DOG CHIX MINI WGRAIN CN 2-5	4 Each		497360

Preparation Instructions

CONVENTIONAL OVEN: 350 DEGREES F. FROZEN, 15 MINUTES.

THAWED, 10 MINUTES.

**FOR BEST RESULTS, FLIP HALFWAY THROUGH COOKING.

CCP: HEAT TO AN INTERNAL TEMPERATURE OF 165 DEGREES F.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 6.00 Each

Amount Per Serving

Calories 180.00

Fat 8.00g

SaturatedFat 2.50g

Trans Fat 0.00g

Cholesterol 25.00mg

Sodium 280.00mg

Carbohydrates 20.00g

Fiber 3.00g

Sugar 4.00g

Protein 7.00g

Vitamin A 0.00IU **Vitamin C** 0.00mg

Calcium 100.00mg **Iron** 1.44mg

Stuffed Crust Pizza

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA SAUS WDG WGRAIN STFD 72CT MAX	1 Each		134686
PIZZA CHS WGRAIN STFD 72-4.84Z MAX	1 Each		261680
PIZZA PEPP WDG WGRAIN STFD 72-4.87Z	1 Each		259910

Preparation Instructions

THE MAX STUFFED CRUST PIZZA FITS 14 TO A BAKING PAN OR CAN BE DISPLAYED AS A 16" PIZZA PIE AND FIT 12 TO A PAN.

CONVECTION OVEN: BAKE AT 375 DEGREES F FOR 9 TO 11 MINUTES OR UNTIL INTERNAL TEMPERATURE REACHES A MINIMUM OF 165 DEGREES F.

CONVENTIONAL OVEN: BAKE AT 400 DEGREES F FOR 14 TO 17 MINUTES OR UNTIL INTERNAL TEMPERATURE REACHES A MINIMUM OF 165 DEGREES F.

CCP: Heat to 165 degrees or higher

CCP: Hold for service at 140 degrees or higher

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Slice

Amount Per Serving

Calories 340.00

Fat 14.33g

SaturatedFat 4.50g

Trans Fat 0.00g

Cholesterol 18.33mg

Sodium 810.00mg

Carbohydrates 36.00g

Fiber 3.00g

Sugar 3.67g

Protein 15.33g

Vitamin A 0.00IU **Vitamin C** 0.00mg

Calcium 260.00mg **Iron** 2.03mg

Salisbury Steak

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK SALIS CKD 114-3Z ADV	1 Each	GRILL Flat grill: preheat flat grill to 350 degrees f. Heat frozen product 2-4 minutes per side or until internal temperature reaches 165 degrees f. Conventional oven: preheat oven to 375 degrees f. Heat frozen product for 20-25 minutes or until internal temperature reaches 165 degrees f. Convection oven: preheat oven to 350 degrees f. Heat frozen product for 15-20 minutes or until internal temperature reaches 165 degrees f. Microwave: heat frozen product on high power for 2-3 minutes or until internal temperature reaches 165 degrees f.	690030

Preparation Instructions

Conventional oven: preheat oven to 375 degrees. Heat frozen product for 20-25 minutes or until internal temperature reaches 165 degrees.

Convection oven: preheat oven to 350 degrees. Heat frozen product for 15-20 minutes or until internal temperature reaches 165 degrees.

Offer 1 oz. Brown Gravy on top during service (see gravy recipe for instructions).

CCP: Heat to 165 degrees or higher for a minimum of 15 secs.

CCP: Hold at 140 degrees or higher for service.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 140.00

Fat 7.00g

Saturated Fat 3.00g

Trans Fat 0.00g

Cholesterol 40.00mg

Sodium 430.00mg

Carbohydrates 4.00g

Fiber 1.00g

Sugar 1.00g

Protein		16.00g	
Vitamin A	0.00IU	Vitamin C	1.20mg
Calcium	40.00mg	Iron	1.80mg

Hot Dog

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS TKY UNCURED 2Z 4-5 JENNO	1 Each		656882
BUN HOT DOG WHLWHE 12-12CT ANTMILL	1 Each		564053

Preparation Instructions

Thawing Instructions:

Thaw frozen franks to an internal temperature of 35° - 40°. Do NOT thaw at room temperature.

Steamer: Place franks on steam table pan in a single layer. Place pan in steam, close door and steam until internal temperature reaches 140° F (approximately 10 min).

Oven: Lay franks on a sheet pan with a little space between each one.

Convection Oven: Cook time 8-10 minutes or until internal temp reaches 140°F

Conventional Oven: Cook time 15-18 minutes or until internal temp reaches 140°F

CCP: Heat to 140 degrees or higher.

CCP: Hold at 140 degrees or higher for service.

Place hot dog in bun for service.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 240.00

Fat 11.00g

SaturatedFat 2.50g

Trans Fat 0.00g

Cholesterol 50.00mg

Sodium 365.00mg

Carbohydrates 25.00g

Fiber 5.00g

Sugar 3.00g

Protein 13.00g

Vitamin A	0.00IU	Vitamin C	6.00mg
Calcium	100.00mg	Iron	2.16mg

Hamburger

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CKD W/SOY CN 90-2.5Z GFS	1 Each	BAKE From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag.	100650
Hamburger Buns	1 bun		

Preparation Instructions

BAKE

From thawed state: sleeve pack preparation, put a few small holes in top of bag.

Place entire bag intact on sheet pan in preheated convection oven at 375 degrees f for 45 minutes.

Remove from oven and let stand 3 minutes before opening bag.

CCP: Heat to 155 degrees or higher.

CCP: Hold at 140 degrees or higher for service.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 330.00

Fat 15.00g

SaturatedFat 5.00g

Trans Fat 1.00g

Cholesterol 35.00mg

Sodium 420.00mg

Carbohydrates 33.00g

Fiber 4.00g

Sugar 4.00g

Protein 19.00g

Vitamin A 100.00IU **Vitamin C** 0.00mg

Calcium 60.00mg **Iron** 11.80mg

Cheese Burger

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CKD W/SOY CN 90-2.5Z GFS	1 Each	BAKE From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag.	100650
Hamburger Buns	1 bun		
CHEESE, AMERICAN, YELLOW, PASTEURIZED, SLICED	1 Ounce		100018

Preparation Instructions

BAKE

From thawed state: sleeve pack preparation, put a few small holes in top of bag.

Place entire bag intact on sheet pan in preheated convection oven at 375 degrees f for 45 minutes.

Remove from oven and let stand 3 minutes before opening bag.

CCP: Heat to 155 degrees or higher.

CCP: Hold at 140 degrees or higher for service.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 440.00

Fat 24.00g

SaturatedFat 10.00g

Trans Fat 1.00g

Cholesterol 60.00mg

Sodium 690.00mg

Carbohydrates 35.00g

Fiber 4.00g

Sugar 5.00g

Protein		24.00g	
Vitamin A	100.00IU	Vitamin C	0.00mg
Calcium	60.00mg	Iron	11.80mg

Meatloaf

Servings:	1.00	Category:	Entree
Serving Size:	2.90 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Meatloaf	2 9/10 Ounce	BAKE Conventional Oven: From Frozen State: Preheat oven to 350 F for 22-24 minutes. Convection Oven: From Frozen State: Preheat oven to 350 F for 12 - 14 minute	

Preparation Instructions

BAKE

Conventional Oven: From Frozen State: Preheat oven to 350 F for 22-24 minutes.

Convection Oven: From Frozen State: Preheat oven to 350 F for 12 - 14 minute

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.90 Ounce

Amount Per Serving

Calories	170.00		
Fat	10.00g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	390.00mg		
Carbohydrates	8.00g		
Fiber	1.00g		
Sugar	5.00g		
Protein	12.00g		
Vitamin A	4.00IU	Vitamin C	15.00mg
Calcium	6.00mg	Iron	8.00mg

F- Fruit Variety

Servings:	13.22	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAPES RED LUNCH BUNCH 21AVG MRKN	1 Cup		280895
APPLE DELICIOUS RED 163CT MRKN	1 Each		540005
PEACH DCD IN JCE 6-10 GFS	1 Cup		610372
Sliced Peaches 6-10	1 Cup		100219
APPLE FRSH SLCD 100-2Z P/L	1 Package		473171
ORANGES NAVEL/VALENCIA FCY 138CT MRKN	1 Cup		198021
ORANGES MAND WHL L/S 6-10 GFS	1 Cup		117897
BANANA TURNING 40 P/L	1 Each		200999
Sliced Pears 6-10	1 Cup		100224
Wild Blueberries fzn	1 Cup		100243
Strawberries, diced, Cups, frozen	1 Cup		100256
Peaches, diced, cups, Frozen	1 Cup		100241
APPLESAUCE UNSWT 6-10 GFS	1 Cup		271497
RAISIN SELECT 1.5Z BOXES 24-6CT P/L	1 Each		544426
Apples, Gala	1 Each		14J93
Grapes	1		14P36
Pear, fresh	1		14P12
Oranges, whole	1 Each		16W62

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 13.22

Serving Size: 0.50 Cup

Amount Per Serving

Calories 122.92

Fat 0.08g

SaturatedFat 0.02g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 7.31mg

Carbohydrates 30.02g

Fiber 2.90g

Sugar 22.24g

Protein 0.97g

Vitamin A 148.72IU **Vitamin C** 12.88mg

Calcium 12.49mg **Iron** 0.78mg

Bacon, Egg, and Cheese Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Cheese, Processed, Sliced Yellow	1 Ounce		100018
BACON CKD MED SLCD 3-100CT GFS	1 Slice		314196
DOUGH BISCUIT WGRAIN 216-2.1Z RICH	1 Each	BAKE 1. KEEP PRODUCT FROZEN AT 0 F TO -10 F UNTIL READY TO USE. 2. PAN FROZEN DOUGH ON PAPER LINED SHEET PAN. FULL SHEET PAN: INDIVIDUAL - 8 X 5; CLUSTERED - HONEYCOMB OF 51. HALF SHEET PAN: INDIVIDUAL - 5 X 4; CLUSTERED - HONEYCOMB OF 21. * LEAVE ABOUT 1 4" SPACE BETWEEN THE BISCUITS WHEN CLUSTERED 3. BAKE UNTIL GOLDEN BROWN. CONVENTIONAL OVEN: 375 F - 12 TO 16 MINUTES. CONVECTION OVEN: 325 F - 8 TO 12 MINUTES FOR INDIVIDUAL PANNED AND 12 TO 16 MINUTES FOR CLUSTERED. BAKE TIMES WILL VARY DUE TO OVENS. ADJUST TIMES ACCORDINGLY.	237390
Egg Patty Round Commodity	1 PATTY		

Preparation Instructions

Place one ounce of cheese, one egg patty, and 1 slice of bacon on each biscuit.

CCP: Heat to 135 degrees or higher.

CCP: Hold at 135 degrees or higher for service.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories 350.00

Fat 22.50g

SaturatedFat 11.25g

Trans Fat 0.00g

Cholesterol 105.00mg

Sodium	825.00mg		
Carbohydrates	25.00g		
Fiber	3.00g		
Sugar	3.00g		
Protein	13.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	55.00mg	Iron	1.08mg